

*GET*  
*MOVING!*



*Be Active ~*  
**EAT HEALTHY**

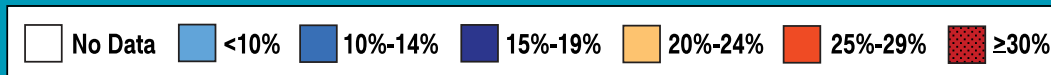
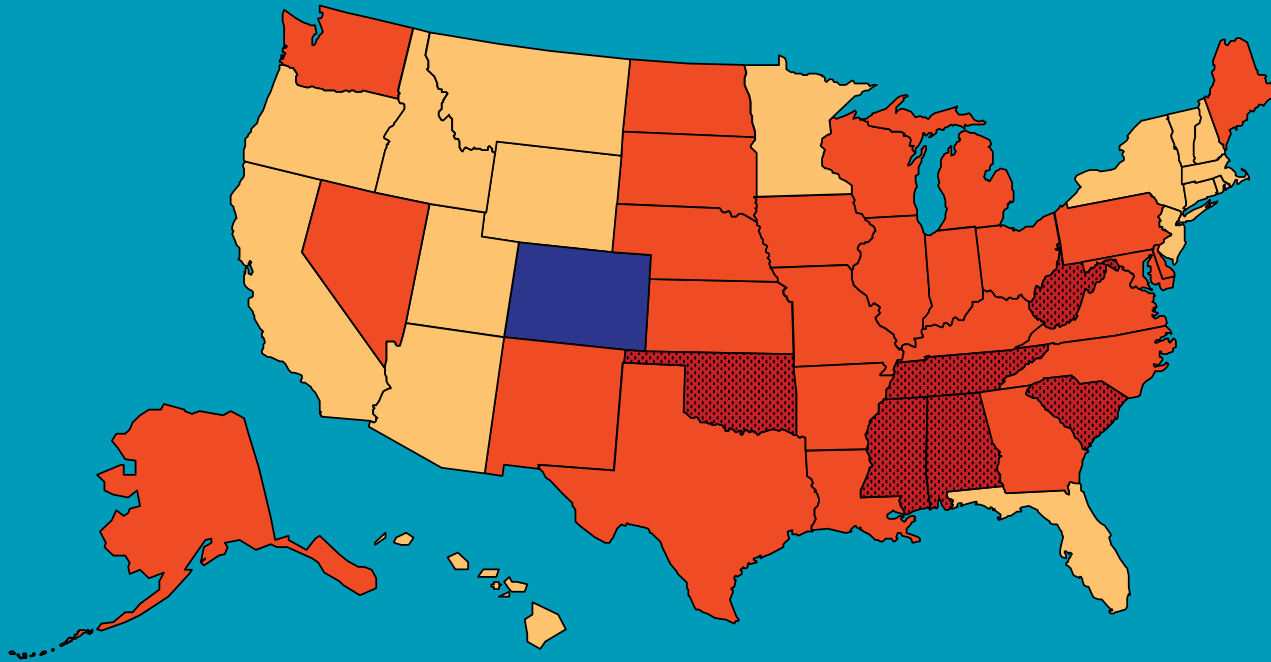
Step 2 of the *Get Moving*  
Program from:



NEW HAMPSHIRE  
Local Government Center

# Obesity Trends\* Among U.S. Adults

(\*Body Mass Index  $\geq 30$ , or about 30 lbs. overweight for 5' 4" person)



Source: 2008 data from Centers for Disease Control and Prevention Behavioral Risk Factor Surveillance System

**N**ew Hampshire Local Government Center (LGC) is proud to introduce *Be Active ~ Eat Healthy*—the second step to LGC’s popular *GET MOVING!* Program. It’s designed to help LGC members live healthier lifestyles.



## Obesity Trends Keep Growing

As the nation’s obesity epidemic continues to grow, LGC remains committed to developing programs that are designed to help our members live healthier lives. Many LGC groups participated in the *Get Walking* campaign—the first step in our *GET MOVING!* Program. We encourage you to take the next *Be Active ~ Eat Healthy* step.

Lack of physical activity and a poor diet are contributing factors for obesity. According to the Trust for America’s Health, “Obesity is the result of a chronic energy imbalance. People who are overweight or obese consume more calories than they burn off in physical activity.” The Centers for Disease Control and Prevention (CDC) suggest that “the key to achieving and maintaining a healthy weight isn’t about short-term dietary changes. It’s about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses.”



## Getting Fit and Eating Right

*Be Active ~ Eat Healthy* is a 10-week, physical activity and nutrition program that challenges participants to track eating and exercise habits in *The CalorieKing® Food and Exercise Journal*.

Studies show that people who write down what they eat and drink on a daily basis are more successful at losing weight and, more importantly, keeping it off. Other food journaling benefits include identifying problem foods or hidden calories in your diet and staying motivated to maintain a healthy lifestyle since recording what you eat prompts you to think twice about over-indulging.

*Be Active ~ Eat Healthy* helps participants find a balance between the amount of calories they consume and the amount of calories they expend each day. By increasing physical activity and eating healthier, you can fight the obesity epidemic and live a healthier life.

This brochure provides the steps needed to successfully implement the *Be Active ~ Eat Healthy* program at your worksite. Good luck and *GET MOVING!*

# Obesity Facts

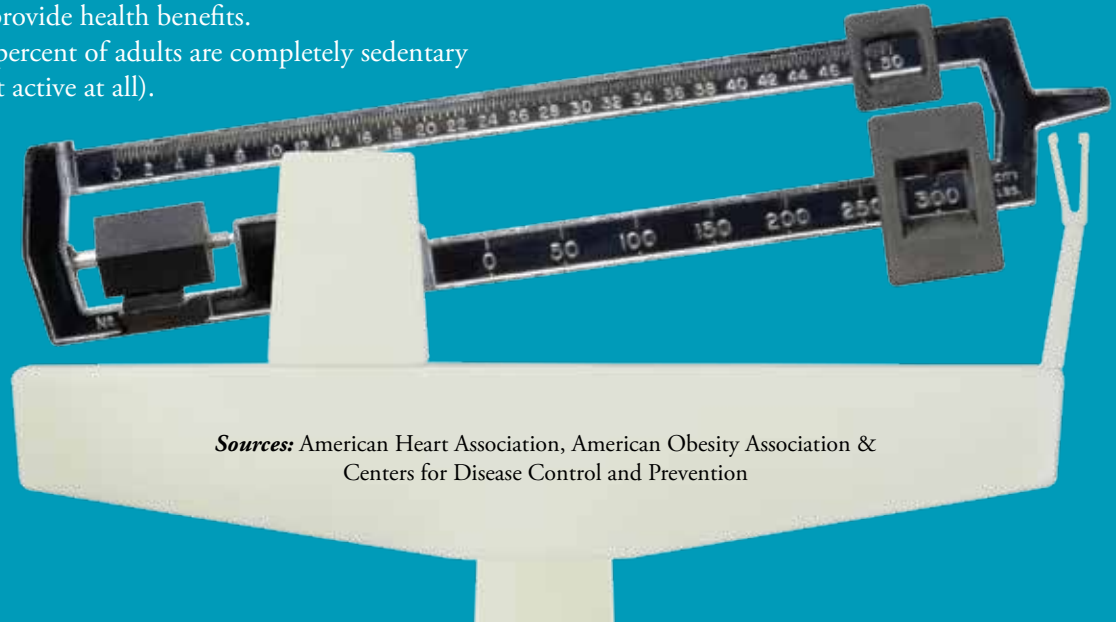


## What is Obesity?

Obesity is a condition in which a person is very overweight, which increases their risk of developing major health problems like diabetes, heart disease, stroke and others.

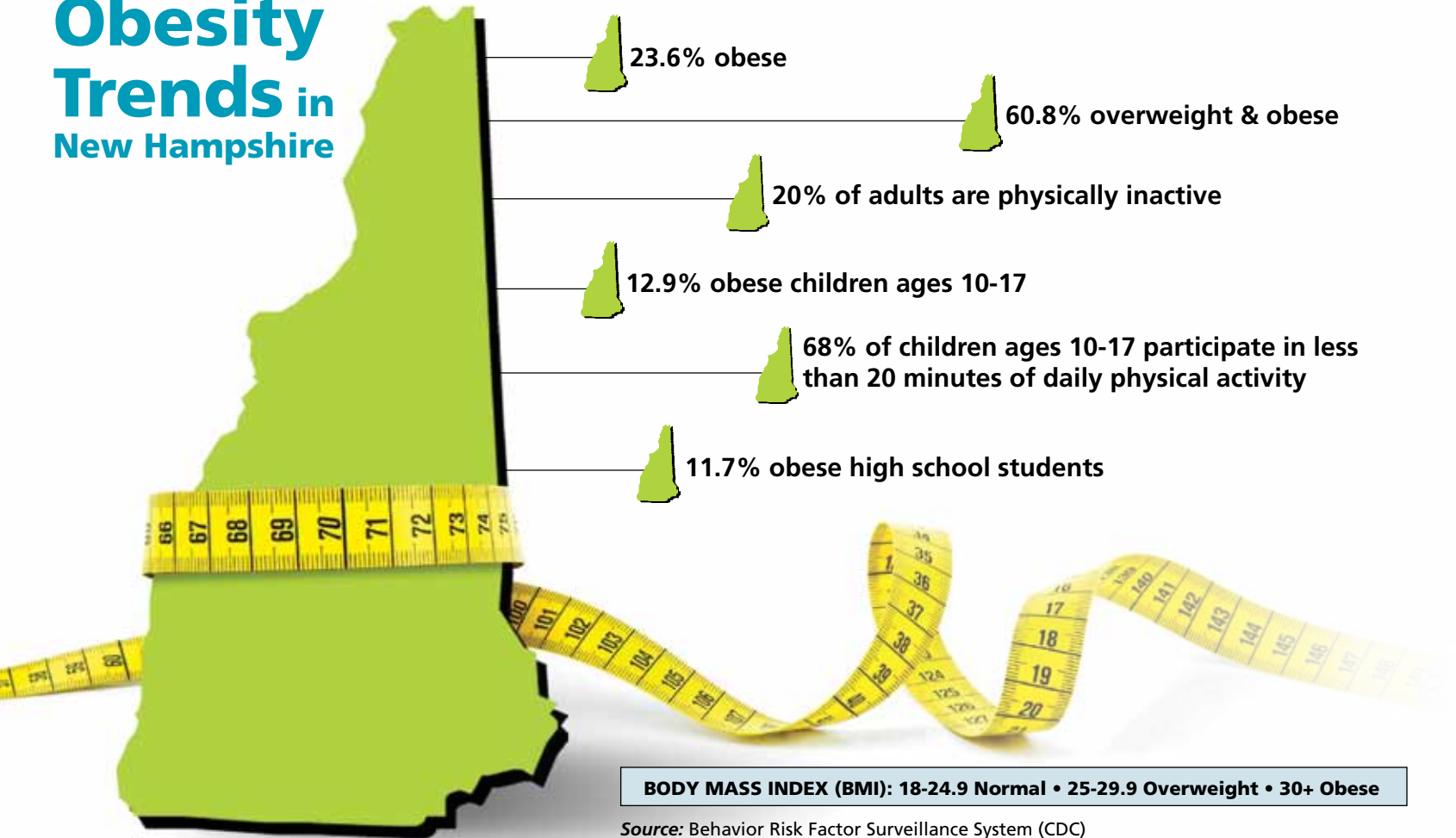
## Did You Know?

- 64 percent of adults in the U.S. are overweight.
- 30 percent of adults in the U.S. are obese.
- Approximately 300,000 people die prematurely from obesity.
- Obesity is the second-leading cause of unnecessary deaths.
- Obesity increases one's risk of developing conditions such as high blood pressure, type 2 diabetes, heart disease and stroke.
- More than 50 percent of adults do not get enough physical activity to provide health benefits.
- 25 percent of adults are completely sedentary (not active at all).



*Sources:* American Heart Association, American Obesity Association & Centers for Disease Control and Prevention

# Obesity Trends in New Hampshire



**BODY MASS INDEX (BMI): 18-24.9 Normal • 25-29.9 Overweight • 30+ Obese**

Source: Behavior Risk Factor Surveillance System (CDC)

# The Benefits of Physical Activity and Healthy Eating

- Help control weight
- Reduce high blood pressure & cholesterol
- Reduce risk for type 2 diabetes, heart attack, stroke and several forms of cancer
- Reduce risk for osteoporosis
- Reduce symptoms of depression and anxiety



# Be Active ~ Eat Healthy: Making It Happen



## Group Physical Activity & Individual Healthy Eating Challenge: What It Involves

- 10 weeks of physical activity and healthy eating
- 30 minutes of moderate, physical activity—most days of the week
- Participants record physical activity and daily healthy eating habits using *The CalorieKing Food and Exercise Journal*\* for turning into Challenge Coordinator at end of each week
- *Fitness 101* and *Nutrition 101* seminars presented by your group's LGC Health Management Representative onsite (optional)
- Attend healthy lunch celebration when 10-week challenge is completed (optional)
- Enter incentive raffle prize drawing for all participants (optional)

## Coordinator's Steps to Create a Successful Campaign:

- Regular communication (templates included on enclosed CD)
- Register participants
- Plan kickoff
- Log group/individual progress on *Tracking Sheet* – see sample on page 8 (template included on enclosed CD)
- Host finale celebration with raffle prize drawing for all participants to enter (optional)

\*Provided from LGC for each participant



Group Name: \_\_\_\_\_ Individual Name: \_\_\_\_\_

# Be Active ~ Eat Healthy Coordinator Tracking Sheet

✓ Check off each day you eat healthy    ✍ Record minutes of physical activity each day

WEEKS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Minutes Each Week	# of Days Per Wk. Eating Healthy
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>
8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>
9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>

Total Minutes of Physical Activity \_\_\_\_\_

Total Days of Healthy Eating \_\_\_\_\_



# Additional Resources

(Available through LGC HealthTrust's *Slice of Life* Program)



The following *Slice of Life* health management resources are available to LGC HealthTrust member groups and their employees who are LGC HealthTrust medically-covered members. For details, visit [www.nblgc.org](http://www.nblgc.org) or call your group's LGC Health Management Representative at **800.852.3358**.

## Individual Resources

- **Personal Health Analysis**

The *Get Healthy* Personal Health Analysis (PHA) questionnaire is the most advanced tool on the market for determining an individual's health risk. Individuals covered by an LGC HealthTrust medical plan annually receive PHA information in a *Slice of Life* activation kit (covered spouses receive their PHA in a separate mailing to ensure confidentiality).

- **Health Coaching**

After completing the *Get Healthy* PHA questionnaire, participants receive a *Personal Wellness Report* with valuable information about any major health risks they may have and how to reduce them by adapting their health habits. Experienced health coaches are available to help design a personalized action plan for achieving health goals. The Health Coach Center is staffed by qualified nurses, dietitians and exercise physiologists and open Monday through Saturday. Health Coaches are reachable by phone (toll free) at 866.564.5237 and are dedicated to health improvement.

- **Health Awareness Program**

The LGC HealthTrust *Health Awareness* Program reimburses 100 percent of the cost of many health and safety related educational seminars and classes. Upon completion of the PHA, each participant is eligible to use the *Health Awareness* Program, which offers up to \$300 in annual reimbursements for every covered member, including children engaging in healthy activities like yoga, karate, kick boxing and Weight Watchers® classes. Additionally, LGC HealthTrust subscribers, spouses or retirees who have completed the PHA in 2010 will have the ability to self report physical activity. As long as the participant has worked out 8 times per month, for 30 minutes per workout, they can receive \$25 per month. Self-reported physical activities can include walking, kayaking, swimming—the list goes on.

# Group Resources



## Health Management Workshops

- We are pleased to offer a variety of health and safety seminars, which are designed to be about one hour in length. Sample programs include **Back Safety**, **Ergonomics**, **Fitness 101**, **Nutrition 101**, **Obesity: What Can You Do?**, **Self-Care** and **Sleep Smarts: Improving Sleep Habits**.

## Interactive Demonstrations

- At the LGC, we understand the power of health prevention and how health risks can significantly contribute to chronic illness and disease. That's why we offer the following interactive demonstrations: **Skin Health Awareness**, **Hand Washing Demonstration**, **Grip Strength Dynanometer**, **Body Composition Analysis**, **Simulated Smoker's Lungs Demonstration**, **My Pyramid Nutrition Toolkit**, **Sit & Reach Box** and **Fatal Vision® Goggles**, **Wii Fit**.

## WELLDollars Discretionary Grant Program

- The LGC's HealthTrust offers financial grants of up to \$4,000 to assist member groups in designing and implementing on-site wellness programs.

For more program specifics, please visit our website at [www.nhlgc.org](http://www.nhlgc.org).



# CD Content:

- GET MOVING: Be Active ~ Eat Healthy
  - Sample Motivational E-mails
  - *Be Active ~ Eat Healthy* Challenge
  - Sample Invite Letter from Campaign Coordinator
  - Coordinator Tracking Sheet
  - *Slice of Life—Steps to Get Healthy* Brochure
- GET MOVING: Get Walking Campaign
  - Sample Motivational E-mails
  - Walking Challenges
  - Sample Letter to CEO or Senior Manager
  - Invite for Employees
  - “Walk Out On Work” Poster Template
  - Individual & Group Tracking Sheet
  - Goal Poster





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**Local Government Center**

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New Hampshire Municipal Association  
Workers' Compensation Trust  
Property-Liability Trust  
HealthTrust

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*WWW.NHLGC.ORG*